

# Allergy eyes

## Seasonal Allergies and Your Vision

50 million Americans endure seasonal allergies, with allergic reactions involving the eyes being a common complaint.<sup>1</sup>

A trip to the local drugstore is often the first stop when allergy season is in full swing. Unfortunately, many over-the-counter medications can make eye related symptoms worse by reducing tear quantity and quality.

Treating eye related allergies does not take a one-size-fits-all approach. There are many factors that go into finding the right treatment—the most important being a consultation with your eye care professional. During your appointment, it is important to accurately describe your symptoms so he or she can recommend or prescribe a medication that may provide safe and effective relief.

Allergy sufferers can help themselves by:

- ▶ Limiting exposure to environmental allergens (keeping the windows closed during the worst seasons).
- ▶ Rinsing the eyes after being outside to limit the severity of symptoms.

Contact lens wearers should be mindful to:

- ▶ Limit wearing time
- ▶ Replace lenses as your eye doctor recommends
- ▶ Care for lenses as instructed and do not substitute solutions without consulting with your eye doctor.

UnitedHealthcare wants you to enjoy the seasons, not just endure them. Consult your vision care professional today and say goodbye to eye allergy symptoms and enjoy your time outside!



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UnitedHealthcare  
Insurance Company



<sup>1</sup> [www.emedicinehealth.com](http://www.emedicinehealth.com), 2008.

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